

ABSTRACT

PREVENTION OF KNEE JOINT INJURIES IN PROFESSIONAL WOMEN VOLLEYBALL

OBJECTIVES

Objective of this thesis is to explore whether the preventive actions, for elimination of factors that may cause knee joint injuries, are performed in professional junior women volleyball teams. In case of identified deficiencies specific program is created for coaches of junior women volleyball teams. The purpose of program is to act preventively and for that reason to eliminate referred factors.

METHODS

Data collection method of questionnaire with „open“ and „closed“ questions was used for field survey.

RESULTS

We have discovered that preventive actions are not performed in particular in area of knee-joint examination and regeneration. Also plyometric method, compensation exercise and exercise with balance equipment are neglected during workout.

Key words: volleyball, injury, knee-joint, prevention